

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 61: Minutes Spent on Sedentary Activities on a Typical Weekday:
Television, Video Games and Computer for Fun (Diary Sample)**

How many minutes did your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Minutes Spent Watching TV or Playing Video/Computer Games, Mean ¹	Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent ²
Total	90	79
Gender		
Males	93	75 **
Females	87	84
Ethnicity		
White	79 ^a *	80
African American	106 ^a	77
Latino	99 ^a	75
Asian/Other	84 ^a	89
Income		
≤\$19,999	128 ^b ***	66 **
\$20,000 - \$49,999	91 ^a	79
≥\$50,000	80 ^a	82
Federal Poverty Level		
≤ 185%	111 ***	73 **
> 185%	80	82
Food Stamps		
Yes	116	71
No	89	79
Overweight Status		
Not at Risk	87	78
At Risk/Overweight	98	79
Physical Activity		
≥60 minutes	90	78
<60 minutes	90	80
School Breakfast		
Yes	91	75
No	90	80
School Lunch		
Yes	100 **	76 *
No	77	84
Nutrition Lesson		
Yes	88	79
No	93	79
Exercise Lesson		
Yes	90	80
No	91	77

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

¹ ANOVA

² Chi Square Test

* p<.05

** p<.01

*** p<.001